CBT Worksheet For ADHD

Managing Thoughts, Focus, and Follow-Through

What's the Situation?

_____

What Are You Thinking?

_____

What Do You Feel?
Check any that apply:
☐ Frustrated ☐ Anxious ☐ Overwhelmed ☐ Bored ☐ Guilty
☐ Restless ☐ Angry ☐ Sad ☐ Hopeless ☐ Other: _____

Challenge the Thought
Is the thought 100% true? What's the evidence for and against it?

- For: _____
- Against: _____

Alternative, more balanced thought:
_____

Action Plan
What's one small step I can take right now?
(e.g., "Set a 10-minute timer and start reading.")

Step: _____
☐ Timer Set? ☐ Yes ☐ No

After You Try It
How did it go? What helped you follow through?
_____

What could you do differently next time?

_____

ADHD Tips for CBT Success:

- Break tasks into micro-steps
- Use external reminders (alarms, post-its)
- Reward small wins
- Talk back to "all-or-nothing" or perfectionistic thoughts
- Practice self-compassion when things don't go perfectly